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GSU View

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News and Events

[Get It Fresh at GSU](#)

Today is the day to check out the GSU Farmers Market. The market is now located along the west lane of Carillon Drive. Hours are 1 to 6 p.m., every Thursday through September.

The GSU Farmers Market has fresh, locally grown fruits and vegetables, fresh-baked breads, delectable desserts, and yummy pizza as well as natural products, jewelry, and crafts.

[Jenzebar Maintenance Postponed](#)

The IT maintenance originally scheduled for September 24-26, has been postponed. All Jenzebar systems, including CX (Cars), MyGSU, Student View, and Faculty View, will be fully available during that period.

[Drive In Family Fun at GSU](#)

Family fun is coming yo GSU on Saturday, September 25. Students can bring their families and enjoy activities that include games, arts and crafts, balloon sculptures, and caricature drawings, from 4 to 7 p.m., in D Lot. At 7 (or sundown), pull the car into E Lot, roll down the window, and enjoy *The Karate Kid* starring Jackie Chan and Jaden Smith, with your family.

[Hispanic Heritage - Severo Ochoa](#)

Severo Ochoa, (1905–1993), won the Nobel Prize in 1959 for medicine. He received the prize for his discovery of the process that enabled the creation of RNA in a test tube. His research is a major contribution to physiological and medical understanding and research.

During Hispanic Heritage Month, Student Life is providing little-known facts about the contributions of Hispanics in the United States.

[Going lean](#)

Let's Get Fit is hosting a complimentary information meeting for *Weight Watchers at Work* on Tuesday, September 28, from 12:30 to 1 p.m., in Room F1603.

Participants can sign up for the next *Weight Watchers at Work* session – 14 weeks for three monthly payments

of \$56. New registrants will also receive 14 weeks of free online e-tools access and a free basic training cookbook, while supplies last.

SPSS workshop



COE will sponsor an *Introduction to Using SPSS* workshop on Friday October 1, from 9 a.m. to noon, in Room D34011. Dr. Jean Johnson will serve as facilitator for the workshop on SPSS, a computer program used for statistical analysis. The workshop is open to GSU faculty and staff.

Topics to be covered include an overview of SPSS, a brief tour, coding and entering data, transforming data, and basic descriptive analysis.

Refreshments will be provided. Seating is limited and reservations are required. Contact [Dr. Johnson](#).

1930s Britain in Film



Britain in the 1930s will be illustrated in a screening of several documentary films on Tuesday October 5, at 7:30 p.m. in Engbretson Hall. The films are *Housing Problems* (1935), *Eastern Valley* (1937), *Coal Face* (1935), and *BBC: The Voice of Britain* (1935).

Dr. Rosemary Johnsen of the English Department will introduce the films and lead the discussion after the screening. Refreshments will served. The event is free.

The film series is coordinated by Dr. Johnsen and Dr. Christopher White of CAS and funded by an Intellectual Life Grant.

Join the Table Tennis Volunteer Team

Table Tennis has come to GSU with a new team and the first major competition of the year on November 20. The NCTTA Regional Tournament will be held at GSU with teams from colleges and universities competing in the GSU Rec and Fitness Center gym.

To help make this a successful event, volunteers are needed to serve as greeters, registration personnel, runners, and scorekeepers. You don't need to know how to play table tennis to help. All volunteers will receive a t-shirt to wear on the day of the event and are asked to pair it with black pants and tennis shoes.

Volunteer orientation will be held before the tournament begins, on November 20, at 8 a.m. Students, faculty, and staff are all eligible to volunteer. To sign up or for more information, contact [Karen Caesar Smith](#) at 708.534.6360.

Twenty Questions Plus One with Yvette Brown

Yvette Brown, Coordinator of Instructional Development, Division of Digital Learning and Media Design

- **Who was your most inspirational teacher?** Unfortunately, I cannot remember his name, but to this day I see his face. He was my high school English teacher and the first to recognize my writing ability and encourage my college aspirations.
- **What is your favorite yearly event at GSU?** Without a doubt, ARTFEST!

- **True or false? The secret to life involves garlic and olive oil.** True, of course! You could sauté shoe leather in it and it would taste heavenly.
- **A really great night out for me is...** A great movie and a new restaurant find. I'm a dedicated film buff and foodie!
- **My favorite spot in the Chicago area is...** I could say Michigan Avenue because I love to shop, but my heart would say the jagged rocks along the lake at 67th and Lake Shore Drive. It was the site of a final date with my greatest love, my mother.
- **What's the best book you've read in the last year?** *New York, The Novel* by Edward Rutherfurd. Amazing historical fiction.
- **Do you have a favorite piece in the Nathan Manilow Sculpture Park? Explain.** It's the newest one in the collection, not listed the brochure, right outside the window in the main entrance foyer. It's surrounded by grey rocks and looks like an ancient symbol. You should see it in the morning sun with snow. Beautiful!
- **My five all-time favorite movies are...** *Independence Day*, *The Joy Luck Club*, *Forrest Gump*, *Julie and Julia*, and *The Day the Earth Stood Still*. (The original, with Michael Rennie, 1951!)
- **Regarding superpowers: Would you prefer invisibility or the ability to fly?** Invisibility. Sometimes we all would just like to disappear.
- **What's a vacation spot you'd recommend to others?** London. I enjoy history and every step is like a flash to the past.



The Final Question: Tell us something about yourself that hardly anyone on campus knows. I was born in New Orleans and make a serious gumbo from a 150-year-old family recipe. It is taught to one family member from each generation and I'm currently teaching it to my son.

To participate in GSU View's Twenty Questions Plus One, contact [Tom Houlihan](#).

Mental Illness Awareness Week Events

During Mental Illness Awareness Week, the Academic Resource Center (ARC) will offer informational sessions and confidential depression screening at a series of events that are free and open to the public.

"Statistics show that about one in four adults in the United States suffers from a diagnosable mental disorder," said Tamekia Scott, ARC Outreach Counselor. "We want the public to know conditions like depression and anxiety are highly treatable and that people with these illnesses can lead productive, fulfilling lives."

Mental Illness Awareness Week at GSU begins Monday, October 4, with an information session on Bipolar Disorder from 5 to 6 p.m., in Room B1215. An information session on Tuesday, October 5, focuses on Generalized Anxiety. Post Traumatic Stress Disorder (PTSD) will be discussed on Wednesday, October 6. The Tuesday and Wednesday sessions also take place from 5 to 6 p.m., in Room B1215. Refreshments will be served at all three open sessions.

On Thursday, October 7, National Depression Screening Day will feature screening, from noon to 5 p.m., in Room B1215, and an information table from noon to 4:30 p.m. in the Hall of Governors. The depression screening involves completing a brief questionnaire and a conversation with a mental health professional. The questionnaire results are anonymous and confidential. If warranted, the mental health professional will offer next-step suggestions.

ARC's Counseling Center is hosting Mental Illness Awareness Week Activities. ARC provides ongoing counseling services to GSU students. The Counseling Lab at Governors State University provides free, confidential services to adults, couples, and families.

For more information, contact [Tamekia Scott](#) at ext. 2228.



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